

June/July Newsletter

Spring is in the air summer is as well. The days are getting longer and the birds are merrily chirping. It is the time of year when everyone feels rejuvenated. We begin our spring cleaning and start making plans for our annual summer vacations and outdoor play takes on a new meaning. Exposing outdoor play to children of all ages is very beneficial. Children engage in more active play when they are outside, as opposed to inside. Active kids are healthy kids, and outdoor activities are especially healthy and fun! Nature directly and positively complements a child's learning processes and wellbeing. Nature is equipped for every child's learning style. The outdoors is the very best place for children to practice and master emerging physical skills. It is in the outdoors that children can fully and freely experience motor skills like running, leaping jumping, throwing and catching. Children can also master manipulative skills such as pushing a swing, pulling a wagon, and lifting and carrying movable objects.

Outdoor play is vital, because it:

- Develops stronger immune systems
- Increases physical activity
- Reduces anxiety and improves moods
- Improves concentration and focus
- Enhances curiosity, imaginative and creative play
- Gives kids a chance to burn off energy
- Helps kids learn to interact with and understand the natural world
- Offers a chance for more social interaction with peers
- Boosts children's confidence as they learn new things.
- Helps to build a strong link between physical health and outdoor play at a young age
- Helps to develop their powers of observation and to take risks



Children need the freedom to take risks in play because it allows them to continually test the limits of their physical, intellectual and emotional development. Play opportunities involving risk introduce excitement and challenges for children to test their skills and try new activities. They gain mastery and a sense of accomplishment, thus further encouraging themselves to face new challenges. Furthermore, risk-taking supports the development of self-confidence, creative abilities, and the development of responsible attitudes/risk judgments.



Important Dates!

June 21 -Provider Workshop

July 2- Providers Off/Office closed (In lieu of Canada Day falling on Sunday July 1)

Almost all children have a "natural attraction" to the outdoors, playing outside, and learning about nature. Being outside and playing outside is vital to a child's growth, and their physical and mental development. It's important to allow and encourage our kids to spend lots of time in the natural world. They can "connect" with the outdoors and nature by climbing trees, walking in puddles, lying in tall grass, inventing games, or just digging in the sand or mud! If the kids are outside, they will find any number of ways to play in natural settings. Outdoor time is vital for kids of all ages, but it's especially good for younger children to learn and grow as they explore local parks, neighborhoods, playgrounds, walking trails and other natural settings. Backyards can also be full of adventure for younger children. Consider having a sandbox, water table or other toys and play stations. Create small natural spaces or areas where kids can build forts and create their own play space or even plant vegetable or flowers. Keep in mind that it's truly good for all of our kids to be outside more often! Make it a goal to enjoy the outdoors a little more. Through their outdoor play, children are able to act upon their world, reflect on the impact of their actions and apply their learning to future experiences

Vacation Policy: Please remember to give 2 weeks' notice of any vacation time that will be taken.

Reminders: Please remember to pack sunscreen labelled with your child's name and hats for outdoor play.